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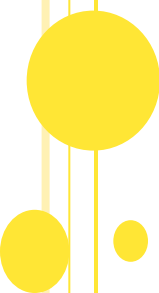
TRUTH ABOUT  
HAPPINESS





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# Chapter 1

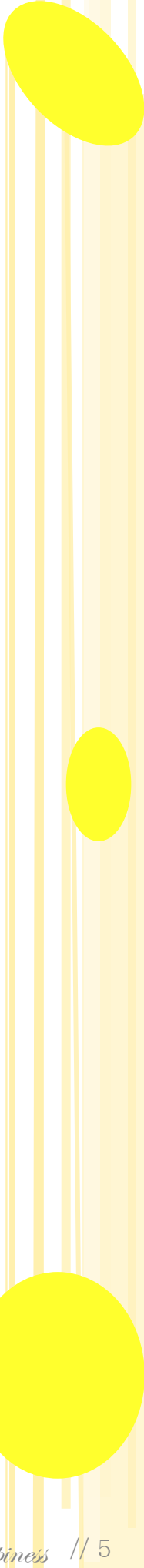
## *What is Real Happiness*



Every day we do a lot of things like eat in a restaurant, go to work, attend classes, and watch movies. But if we try to think of our actions, we will come the realization that ***we all want the same thing: to be happy***. What I meant to say, you've never heard a person say, "I never wanted to be happy in my entire existence". Happiness is the primordial goal everyone searches for.

Let's face it; many people try to be know-all in defining happiness, which is normally based on their life experience. But truly, how do we define real happiness?

According to psychologists' view, happiness is an emotion that makes a person experience feelings from or in between, satisfaction to bliss or intense joy. For some people who have already experienced their own true happiness, it's like living a life believing in yourself and knowing you share an equal importance as others do, moving forward toward your dreams, facing challenges without being fear of not failure, and loving yourself amidst all circumstances. In addition, "Happiness is when what you think, what you say, and what you do are in harmony", as stated by Mahatma Gandhi.



We are almost overwhelmed by the many definitions, but get this, real happiness is almost impossible to be conceived in human language because sometimes we just can't find the exact words to describe it.

What we can be certain of is happiness is something we are entitled to as we choose to live every day in this world. So, claim it today and start moving your ways toward real happiness.

***Say, "Today, I will be happy"***

# Chapter 2

## *How to Find Real Happiness*



What most people probably wouldn't believe about real **happiness is** it is **a dynamic process**. It isn't just a goal we desired to reach. Instead, it's a goal that we improve everyday as we receive our daily dose of happiness. We are always in the process of becoming happier than what we've been yesterday. No matter how happy you are today, there is more happiness for tomorrow.

Happiness is broad and subject to the influences of almost everything, from the food you had for breakfast to your monthly salary. So, how do we maximize our potential to be happy?

### **Find purpose.**

*"Real happiness endows you to live a joyful life with a purpose that you were meant to live".*

This is the basic step in wanting to be happy. Ask the questions, "Why am I doing this?", "What can I get after doing it?", and, "Who will benefit from such actions?". Most people want to partake in something greater than themselves, only because it's satisfying. Take note that you are the only person who knows exactly what fills you up.

## **Stay positive and think of the best things**

Dwelling on the brighter side of life will bring more positive thoughts to brighten your day. Don't be scared of disappointments. Imagine yourself looking at what you really want and imagine having it. Thinking of getting what you want is a large part of actually realizing it.

To help you stay positive, be with the people who keep your smile on. Research shows that we are happiest when we are surrounded by happy people.

## **Listen to your heart**

Express what you have been keeping for so long; sing aloud, talk to a stranger, or state your opinion in an open poll question. Studies show that people are happier when they are more outgoing and less happy when reserved or withdrawn.

## **Reward yourself**

Perhaps you can't do skydiving every day or have grand vacation each season, but you can be with your friends and go to a spa for a heavenly massage and break from what's tiring you. You'll find bigger happiness as long as you can bask yourself in the simple pleasures you love every once in a while.



## **Take care of your body**

A healthy person is always a happy person. Avoid depriving yourself from getting enough sleep. Having a good sleep keeps the grumpiness away. Also add drinking a lot of water in your health regimen. Keeping yourself hydrated helps you look bright and fresh all day long.

## **Keep your relationships healthy**

The greatest joys we experience are spent together with those we build close relationships with. We make strong and loving relationships by engaging in simple things together like dinner together, going out in the mall, movie marathons, and sharing your problems. In any form of relationships needs constant communication and time.

When you are about to decide to chase happiness, you need to bear in mind that it's not all about your own happiness but the happiness of the others as well. Deciding what to do to make you feel happy should also mean making choices for the greater good.

*Happiness is at the tip  
of your fingers.*



Knowing what works best for you is the biggest  
leap to finding more ways to be happy.

# Chapter 3

*Why are Happy People  
Beautiful*



Happiness is an age-old secret toward looking good. Apparently it feels good to be happy but aside from feeling better, happy folks enjoy more benefits than unhappy people do.

Even the Music and Lyrics lead actress and the top of People magazine's first 100-strong Most Beautiful list, **Drew Barrymore**, believes

*the secret to being beautiful lies not in looking good, but in being happy.*

For one thing, happy folks are more inclined to enjoy their achievements in life and generate more successes. You may consider that happiness and success go together because success can bring happiness but happiness actually attracts success too.

One more benefit happy folks share is good health. Studies have shown that happy people have lower risks of experiencing high levels of cortisol in their saliva, high blood pressure, high ambulatory heart rate in men, and other generative diseases. Being happy leads to improved health and long life spans, which definitely leads to more happiness.



Another is if you are happy, you can easily get out from under too much stress. Studies show that people who are happy and keep the positive mood find inventive solutions to their problems better and faster. They are not violent and avoid creating conflict. Happiness also enhances a person's ability to concentrate and remember things better.

True beauty does not only depend on your physical appearance but more on how we appear to others. It is about the inner core, and how you feel about yourself in your heart that defines our personality, which exudes beauty from within.

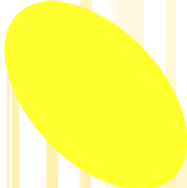


"Beauty might bring happiness but happiness always brings beauty".

# Chapter 4

## 3 Steps to Beat Unhappiness





*"We are living in an environment that doesn't free us from feeling unhappy."*

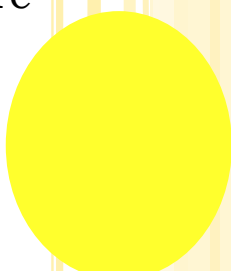
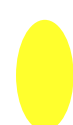
Saying, "Keep your track to the positive side" isn't always enough because our moods seem to have a life of their own, which can carry us to frustrations and disappointments.

Instead of just distracting ourselves by watching our favorite movies, eating a lot of comfort foods, or spending hours Internet surfing until the sadness is gone as if nothing bad has ever happened, be more realistic and stop being a denial queen.

If you are feeling sad at this moment—or have been experiencing a down mood for a while—look honestly at your situation. There are tangible ways to take control over your sadness.

### **Step 1: Knowing The Sadness You're Feeling**

If you happen to experience sadness at least once in your life, you are indeed normal. However, there are some kinds of sadness that raises more concern for others. There are three forms of sadness we commonly fall into:



**Short-term sadness** –It is a passing mood that lasts for a couple of hours, few days, or a week at most. It is usually prompted by minor causes, especially when you are out of your comfort zone. The best way to ease this sadness, yet always neglected by most of us, is to lower your stress and pamper yourself such as getting yourself a relaxing foot spa while drinking a nice cup of tea.

**Triggered sadness** –It is a downturn mood as a result of inevitable situations like losing a job, death of an immediate relative, or ending a long-term relationship with your boyfriend. In such circumstances, you know what makes you sad and you know exactly what to do but the problem is you feel helpless.

In such cases you need to find someone, such as a close friend or a professional, you can share your feelings with to counsel and comfort you. You are not helping yourself if you keep bottling your feelings and feeling victimized. An emotionally mature person usually returns to the usual level of emotions before being triggered after a couple of months.

**Depression** –It takes over your whole system when you stop coping with the unavoidable circumstances. When you are depressed you're unable to sleep or eat well and feel extremely sad, unusually exhausted, and pessimistic. This is a complicated mood disorder, which varies from person to person. If you think you or someone close to you is experiencing depression, professional care is needed.



## **Step 2: Avoiding the triggers**



You might be surprised, but the best cure for sadness is actually happiness. Avoid anything that lessens your potential of building your own happiness. For instance, avoid relying too much on someone for your happiness.

Don't allow your mood swings to keep you from experiencing new things. Avoid neglecting the signals of internal conflict and ask assistance from someone who can help you get through with it.

Indeed, the most satisfying endeavor you can take is to discover how to build your own happiness that no one or nothing, not even the biggest problem you may encounter, can ever take away from you.

## **Step 3: Ensuring your well-being**

More than a mood, happiness is well-being –a balance between your mind and body that provides peace of mind, emotional freedom, and serenity.

There are practical and simple ways to cultivate your well-being and open more doors to joys and deep fulfillment in your life: be open-minded; aim for worthy long-term goals; learn from the past, place it behind you, and plan your future without fear and anxiety; and most importantly, develop emotional resiliency or the ability to get back in your pace after something has happened..

# Chapter 5

## *6 Simple Ways to Happiness*



We have our own ways of achieving happiness. Our outlooks, passions, and individualities affect the level of happiness we want to experience. Some find happiness in the success of their careers, whereas others prefer the joys they find with their love ones. No matter how you choose to spend your time and effort for your happiness, it's the little things in life that give us the greatest moments of happiness.

### **Be Thankful**

Learn to be grateful for everything you have. The more thankful you are, the more you are open to receive abundance of joy and happiness. Never forget to say thank you to those who had made you smile and helped you get through your day.

### **Always be child-like**

There's a big difference between being child-like and childish. The latter rather implies selfishness and immaturity, while the previous suggests exhibiting all the good characteristics of a child. Trust the people around you, forgive the person who has done you wrong and forget the pain, and create fun from the simple things around you are just a few ways to remember the kid you were and stay happy.

## **Be Kind and Generous**

Nothing matches the experience of seeing acts of kindness and generosity. Acts of kindness and generosity elevate our mood every time we perform good deeds. Kindness and generosity are influential factors to experiencing new heights of joy, happiness, and enthusiasm in our lives.

## **Retain that healthy, glowing skin**

Aside from providing you the sense of feeling or touch, your skin obviously protects your insides from harmful agents. Many factors affect how you skin looks. Like any other parts of your body, your skin can become unhealthy because of pollution, stress, and an unhealthy lifestyle. Genes is another factor, which gives your skin distinct features like being fair or dark tone, oily or dry, too pigmented, or flaky and red. And let us not forget, we are aging as each day passes. *So how do we keep our skin beautiful amidst all this?*

Again, all good starts toward a more beautiful and healthier skin narrow down to healthy lifestyle and right diet.





Even though we can't choose to change our genes or control our age, you can choose from numerous solutions to solve your skin problems. You can apply moisturizers and added healthy tonics directly to the skin. You can also choose to ask advance science for your problems from cosmetic pharmaceutical experts. There are different potent serums to choose from like serums designed to improve and target specific skin condition.

### **Keep your body clean**

A clean body is likely to conceive happiness better and longer and savor its benefits to highest potential. Get rid and stay away from the toxins that can cause moods to go down and generate diseases that may greatly affect your health.

The best way to clean your body from within is through cleansing and detoxification. Cleaning is about taking the load off the body for a few days, detoxifying is about restoring the body to a natural, non-toxic state. The best detox and cleanse program includes three-times a week session of Detox Box and Hydrotherapy (that are both available in Le Beau) Spa, which allows your body to expel cellular wastes and revitalise your cells.

## Meditation for the soul



There will be trying times when life may have total control over you. But there are new opportunities you can walk through and things to let go to give way for some changes. If you feel it's about time to take the lead, start doing it by way of meditation.

Meditation is all about letting the time and space to stop for you to breathe and check in with yourself. It provides you an opportunity to listen deeper to those silent whispers we ignore during the day and just relax. Practicing meditation and reflection daily is the key to finding peace of mind.

But remember that too much of a good thing may not be good for you in the long run. Mark healthy and reasonable boundaries of your happiness and do not overdo.

# Chapter 6

*Find Your  
Happiness Today*



Perhaps you'd like to experience one or more things mentioned in the previous chapters. Beneath those many common wishes, taking a step further will take you to your own happiness.

Don't wait for your happiness to come. Move toward your happiness and say

***"Today, I will be happy"***



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achieve your perfect  
happiness experience.

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